

Name

Weekday Checklist (high schooler)

- Breakfast and get dressed
- 9:00 All work assigned by school (about 3 hours)

If none is assigned, parent could assign

- Reading (fiction or non-fiction 30 min-1 hour)
- Math lesson or test prep math (1 hour)
- Writing – write ½ page about what you read, self-edit to correct. (30 min)

{Lunch/Recess/Break 12-1; check phone}

- Finish schoolwork or study an area of interest (guitar, driving, art, etc.) (1 hour)
- Chore(Life Skills) – ex. Clean up kitchen, help with dinner, watch younger sibling (30 min)

~ 3:00 - once all work is done & checked off → FREE time!

Phones, screen time, etc.

Bedtime - listen to family Read Aloud or read own book (30 min)